

WELLNESS WINDOW

WELCOME TO THE HAMSA REHAB CENTRE E-NEWSLETTER

Hope you and your family are doing well. Wishing you a healthy and wonderful New Year. January 2024 has been a month filled with joyous celebrations, community engagement, and valuable initiatives across all our units in Trichy, Vellore, and Chennai.

Team building activities for our staff and entertainment for the patients should not take a back seat, for it leads to a more coordinated and supportive work environment. Our outcomes are solely because of the good teamwork and experienced efficient staff.

Hamsa believes in continued education, research, and technology and explores the latest advancements, embarking on gaining more knowledge and have evidence-based practices in order to provide the highest quality care and support to our patients, helping them on their journey to recovery and improved well-being. Till December since our inception in 2019, more than 2500 patients have benefited from our services. From one center to 6 centers in 5 years, we are expanding as the need for rehabilitation services is on the rise.

We believe in sharing our knowledge and in this edition, the blog by Mr Iniyar, Physiotherapist throws light on women's physiotherapy. We would love to get your feedback, suggestions, or queries. Please write to us at info@hamsarehab.com.

Thanks for being with us.

Warm Regards,

Gsk



IN THIS ISSUE, WE WILL TAKE A SNEEK PEAK AT JAN 2024!

NEW YEAR CELEBRATION

>>> January 1st

We kicked off the year with joyous celebrations at our respective branches, ushering in 2024 with positivity and enthusiasm. It was a time for reflection, gratitude, and setting new goals for the year ahead.



PUBLIC OUTREACH

>>> January 7th

Our commitment to community engagement was evident as we conducted a public outreach event at Marina Beach. We distributed flyers for Hamsa and Rehab for Kids, reaching the general public and spreading awareness about our services and initiatives.

STRESS AWARENESS SESSION WITH WOMEN CHENNAI POLICE

>>> January 11th

Ms. Sumithra, a psychologist, led a stress awareness session for the women traffic police of Kilpauk Circle. In collaboration with the Inner Wheel Club of North Madras, this session aimed to equip our dedicated police force with tools to manage stress effectively in their demanding professional roles.



NATIONAL ROAD SAFETY WEEK



>>> Road Traffic Awareness

JANUARY 17TH

Promoting road safety is a priority for us, and we took proactive steps by conducting a road traffic awareness campaign at Valluvar Kottam. Collaborating with the Greater Chennai Traffic Police - Nungambakkam Circle Traffic Police, we distributed informative pamphlets and rewarded individuals who followed traffic rules with chocolates, encouraging responsible behavior on the roads.

PONGAL CELEBRATION

>>> January 12th

We celebrated the harvest festival of Pongal with traditional fervor and joy, bringing together our Hamsa family to share in the spirit of unity and gratitude.



VADAPALANI BRANCH LAUNCH

>>> January 19th



A momentous occasion for us, Hamsa opened its branch in Vadapalani, operational at Marathion Hospital. This expansion allows us to extend our care and healing touch to more individuals, furthering our mission of making rehabilitation accessible to all.

Marathon Participation (January 28th)

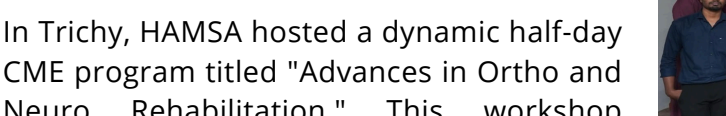
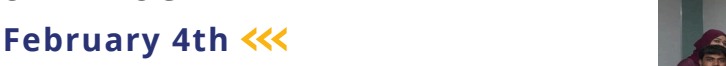
We proudly participated in the Kauvery Marathon for Cancer Awareness, where our Hamsa staff showcased our services and engaged with the community. It was a day of fitness, fun, and meaningful connections. Pre- and post-exercises were given to the participants, with therapy sessions. Many of our staff were also among the enthusiastic marathon runners.



TRICHY LAUNCH

>>> February 3rd

We are excited to announce our recent HAMSAREHAB launched in Trichy, where we embarked on a healthcare journey with the visionaries behind HAMSAREHAB. Dr. G. Balamurali, Managing Director of HAMSAREHAB, and Dr. Manivannan Selvaraj, Managing Director of Kauvery Hospital, united to redefine wellness, offering a range of specialized services to cater to diverse healthcare needs.



A momentous occasion for us, Hamsa opened its branch in Vadapalani, operational at Marathion Hospital. This expansion allows us to extend our care and healing touch to more individuals, furthering our mission of making rehabilitation accessible to all.

Marathon Participation (January 28th)

We proudly participated in the Kauvery Marathon for Cancer Awareness, where our Hamsa staff showcased our services and engaged with the community. It was a day of fitness, fun, and meaningful connections. Pre- and post-exercises were given to the participants, with therapy sessions. Many of our staff were also among the enthusiastic marathon runners.

We are excited to announce our recent HAMSAREHAB launched in Trichy, where we embarked on a healthcare journey with the visionaries behind HAMSAREHAB. Dr. G. Balamurali, Managing Director of HAMSAREHAB, and Dr. Manivannan Selvaraj, Managing Director of Kauvery Hospital, united to redefine wellness, offering a range of specialized services to cater to diverse healthcare needs.

Stay tuned for more updates and exciting developments as we journey together towards a healthier and happier future.

Warm regards,

Team Hamsa Rehab

BLOG : WOMEN'S HEALTH - A PHYSIOTHERAPIST'S PERSPECTIVE.

From an athletic young woman to a childbearing woman. From post-menopausal women to elderly women - Women's health in various stages of their life has a greater benefit from Physiotherapy.

The pelvic floor is an important structure in the woman's body that holds the pelvic contents. Most often people with pelvic floor dysfunction may experience weakness or tightness of pelvic floor muscles. Weakness can lead to incontinence which is the inability to hold the urine at the bladder and can lead to Pelvic Floor Prolapse. Moderate studies suggest that Pelvic floor prolapse can lead to preterm labor or even miscarriage.

You may wonder if women's Physiotherapy might be concerned only with obstetrics. But Incontinence, Pelvic floor dysfunction, post-op rehab of breast surgery and other gynecological surgeries, poor core stability and low backache, pelvic pain, and pelvic floor dysfunction are the things that have been not aware of.

Women in the third trimester may develop Diastasis Recti- Separation of abdominal anterior muscles due to overstretching of abdominal muscles.

FACTS:

Diastasis Recti has a prevalence of about 33.1%, 60.0%, 45.4%, and 32.6% at gestation week 21, 6 weeks, 6 months, and 12 months postpartum, respectively.

Post-menopausal women reported that they developed Osteoporosis, Cardiovascular diseases, and Incontinence due to hormonal changes.

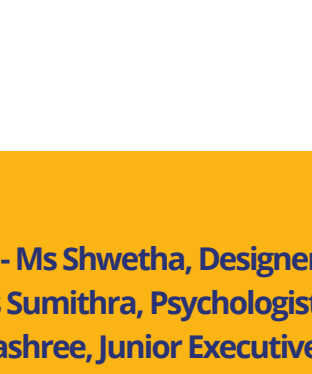
Relax.

Take a breath now. You can refix yourself. A structured Physiotherapy Assessment and Tailored Exercise program will help you to overcome this.

Start observing your problems and get them corrected by your Physiotherapist. Let's voice out Women's health.

AUTHOR

Iniyar V
Physiotherapist



Creativity - Ms Shwetha, Designer
Content - Mrs Sumithra, Psychologist
Compiling - Ms Jayashree, Junior Executive
Blog - Mr Iniyar, Physiotherapist